

JEWISH MENTAL WELLNESS WORKSHOPS

Workshop One - Making Mental Wellness Part of Your Community's Culture

Guiding question: What can be done to create a welcoming and stigma-free culture to support mental wellness in the Jewish community?



Length: 2.5 hours in-person or 2 hours virtually

Description: During this workshop, participants will engage in a variety of activities that focus on bringing mental wellness front and center into their Jewish communities. They will use middot (Jewish values) and the mi sheberach prayer to connect Judaism to mental health as well as to critically consider how to bring new-found skills and knowledge back to their communities to begin creating welcoming and inclusive programs.

Objectives:

- Create a space to discuss the role Jewish organizations play in supporting mental wellness in the Jewish community.
- Build awareness of how and why to adopt a Jewish mental wellness approach that is inclusive, holistic, and responsive.
- Familiarize participants with Jewish values that will help them to apply a Jewish mental wellness approach to one's own community, organization, or congregation.

Outcomes: By the end of the workshop, participants will be able to...

- Define what it means to be inclusive, holistic, and responsive.
- Explain how middot and traditions can play an important role in strengthening mental wellness.
- Access concrete resources for mental wellness within the Jewish community.
 - If there are Jewish and non-Jewish resources you are aware of in your community, you can complete the local mental health resources handout to share with your participants to keep and reference as needed.

Workshop Two - Title: Recognizing When Someone is in Need of Help

Guiding question: How do I know when something is wrong, and what should I do?



Length: 2.5 hours in-person or 2 hours virtually

Description: During this workshop, participants will engage in a variety of activities that strengthen their mental health knowledge, which will help them understand their role in supporting others. They will learn about basic mental health concepts, the scope of those affected by mental illness, and red flags for spotting issues. They will develop four core skills needed to respond to mental health concerns in meaningful ways and be given the opportunity to practice and build those skills.

Objectives:

- Learn about mental health concepts and be able to spot signs of mental health struggles.
- Gain a greater appreciation of the scope of mental health struggles.
- Create a space to discuss core skills when acting in a support role.
- Identify how their work relates to mental health and be able to formulate plans for community change.

Outcomes: By the end of the workshop, participants will be able to...

- Use shared language to describe signs of common mental health struggles.
- Offer support effectively using practiced skills (core concepts: active listening, maintaining confidentiality, establishing boundaries, and offering resources).
- Identify local Jewish resources for referral.